

We claim:

1. A method of treating IGT in a patient comprising administering an effective dosage  
5 of a long acting insulin.
2. The method of claim 1 wherein the long acting insulin is insulin glargine.
3. The method of claim 2 wherein the effective dosage is in the range of about 2 to  
about 150 IU per day.
4. The method of claim 3 wherein the effective dosage is in the range of about 2 to  
10 about 80 IU per day.
5. The method of claim 4 wherein the effective dosage is in the range of about 2 to  
about 40 IU per day.
6. The method of claim 2 wherein the patient has a history of one or more previous  
15 serious cardiovascular events selected from the group of previous myocardial  
infarction, stroke, angina with documented ischemic changes, previous coronary,  
carotid or peripheral arterial revascularization, or left ventricular hypertrophy by  
electrocardiogram or echocardiogram.
7. The method of claim 2 wherein the patient has one or more significant  
cardiovascular risk factors selected from the group of previous myocardial  
20 infarction, stroke, angina with documented ischemic changes, previous coronary,  
carotid or peripheral arterial revascularization, or left ventricular hypertrophy by  
electrocardiogram or echocardiogram.
8. A method of treating IFG in a patient comprising administering an effective dosage  
of a long acting insulin.
- 25 9. The method of claim 8 wherein the long acting insulin is insulin glargine.
10. The method of claim 9 wherein the effective dosage is in the range of about 2 to  
about 150 IU per day.
11. The method of claim 10 wherein the effective dosage is in the range of about 2 to  
about 80 IU per day.
- 30 12. The method of claim 11 wherein the effective dosage is in the range of about 2 to  
about 40 IU per day.
13. The method of claim 9 wherein the patient has a history of one or more previous  
serious cardiovascular events selected from the group of previous myocardial

infarction, stroke, angina with documented ischemic changes, previous coronary, carotid or peripheral arterial revascularization, or left ventricular hypertrophy by electrocardiogram or echocardiogram.

14. The method of claim 9 wherein the patient has one or more significant cardiovascular risk factors selected from the group of previous myocardial infarction, stroke, angina with documented ischemic changes, previous coronary, carotid or peripheral arterial revascularization, or left ventricular hypertrophy by electrocardiogram or echocardiogram.
15. A method of treating early Type 2 diabetes in a patient comprising administering an effective dosage of a long acting insulin.
16. The method of claim 15 wherein the long acting insulin is insulin glargine.
17. The method of claim 16 wherein the effective dosage is in the range of about 2 to about 150 IU per day.
18. The method of claim 17 wherein the effective dosage is in the range of about 2 to about 80 IU per day.
19. The method of claim 18 wherein the effective dosage is in the range of about 2 to about 40 IU per day.
20. The method of claim 16 wherein the patient has a history of one or more previous serious cardiovascular events selected from the group of previous myocardial infarction, stroke, angina with documented ischemic changes, previous coronary, carotid or peripheral arterial revascularization, or left ventricular hypertrophy by electrocardiogram or echocardiogram.
21. The method of claim 16 wherein the patient has one or more significant cardiovascular risk factors selected from the group of previous myocardial infarction, stroke, angina with documented ischemic changes, previous coronary, carotid or peripheral arterial revascularization, or left ventricular hypertrophy by electrocardiogram or echocardiogram.
22. A method of treating diabetic dyslipidemia in a Type 2 diabetes patient comprising administering an effective dosage of a long acting insulin.
23. The method of claim 22 wherein the long acting insulin is insulin glargine.
24. The method of claim 23 wherein the effective dosage is in the range of about 2 to about 150 IU per day.

25. The method of claim 24 wherein the effective dosage is in the range of about 2 to  
about 80 IU per day.
26. The method of claim 25 wherein the effective dosage is in the range of about 2 to  
about 40 IU per day.
- 5 27. The method of Claim 23 wherein the Type 2 diabetes patient was previously treated  
with only diet and/or exercise.
28. The method of Claim 23 wherein the Type 2 diabetes patient is drug naïve.
29. A method of treating atherosclerosis in a patient diagnosed with a disease or  
condition selected from the group of IFG, IGT, early Type 2 diabetes or Type 2  
diabetes, comprising administering an effective dosage of a long acting insulin.
- 10 30. The method of claim 29 wherein the long acting insulin is insulin glargine.
31. The method of claim 30 wherein the effective dosage is in the range of about 2 to  
about 150 IU per day.
- 15 32. The method of claim 31 wherein the effective dosage is in the range of about 2 to  
about 80 IU per day.
33. The method of claim 32 wherein the effective dosage is in the range of about 2 to  
about 40 IU per day.
34. A method of improving endothelial function in a patient diagnosed with a disease or  
condition selected from the group of IFG, IGT, early Type 2 diabetes or Type 2  
diabetes comprising administering an effective dosage of a long acting insulin.
- 20 35. The method of claim 34 wherein the long acting insulin is insulin glargine.
36. The method of claim 35 wherein the effective dosage is in the range of about 2 to  
about 150 IU per day.
37. The method of claim 36 wherein the effective dosage is in the range of about 2 to  
about 80 IU per day.
- 25 38. The method of claim 37 wherein the effective dosage is in the range of about 2 to  
about 40 IU per day.
39. A method of preventing an increase in left ventricular mass in a patient diagnosed  
with a disease or condition selected from the group of IFG, IGT, early Type 2  
diabetes or Type 2 diabetes, comprising administering an effective dosage of a long  
acting insulin.
- 30 40. The method of claim 39 wherein the long acting insulin is insulin glargine.

41. The method of claim 40 wherein the effective dosage is in the range of about 2 to  
about 150 IU per day.
42. The method of claim 41 wherein the effective dosage is in the range of about 2 to  
about 80 IU per day.
- 5 43. The method of claim 42 wherein the effective dosage is in the range of about 2 to  
about 40 IU per day.
44. A method of improving left ventricular diastolic and systolic function in a patient  
diagnosed with a disease or condition selected from the group of IFG, IGT, early  
Type 2 diabetes or Type 2 diabetes, comprising administering an effective dosage  
of a long acting insulin.
- 10 45. The method of claim 44 wherein the long acting insulin is insulin glargine.
46. The method of claim 45 wherein the effective dosage is in the range of about 2 to  
about 150 IU per day.
- 15 47. The method of claim 46 wherein the effective dosage is in the range of about 2 to  
about 80 IU per day.
48. The method of claim 47 wherein the effective dosage is in the range of about 2 to  
about 40 IU per day.
49. A method of reducing blood glucose levels in a patient diagnosed with a disease or  
condition selected from the group of IFG, IGT, early Type 2 diabetes or Type 2  
diabetes, comprising administering an effective dosage of a long acting insulin.
- 20 50. The method of claim 49 wherein the long acting insulin is insulin glargine.
51. The method of claim 50 wherein the effective dosage is in the range of about 2 to  
about 150 IU per day.
52. The method of claim 51 wherein the effective dosage is in the range of about 2 to  
about 80 IU per day.
- 25 53. The method of claim 52 wherein the effective dosage is in the range of about 2 to  
about 40 IU per day.
54. A method of preventing an increase in carotid intimal thickness in a patient  
diagnosed with a disease or condition selected from the group of IFG, IGT, early  
Type 2 diabetes or Type 2 diabetes, comprising administering an effective dosage  
of a long acting insulin.
- 30 55. The method of claim 54 wherein the long acting insulin is insulin glargine.

56. The method of claim 55 wherein the effective dosage is in the range of about 2 to about 150 IU per day.
57. The method of claim 56 wherein the effective dosage is in the range of about 2 to about 80 IU per day.
58. The method of claim 57 wherein the effective dosage is in the range of about 2 to about 40 IU per day.